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Date: Thu, 18 May 1995 07:42:46 -0400 (EDT)  
Subject: Naval Service Medical News (NSMN) 95-20

R 170246Z MAY 95 ZYB  
FM BUMED WASHINGTON DC//00//  
SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-20)//  
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:  
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HEADLINE: Sea Duty Medical Screening Program Ensures Readiness  
BMC Naval Station Norfolk, VA (NSMN) -- The Branch Medical Clinic at Naval Station Norfolk has implemented a highly successful sea duty medical screening program. The program is geared to ensure that all transferring personnel are medically qualified for sea duty. This means that all routine immunizations, blood studies and physical examinations are up to date and that the individual has no pre-existing medical condition that could adversely affect their ability to perform their duties.

Since 1 January 1995, more than 500 individuals have been successfully screened by Branch Medical Clinic personnel. Twelve of those screened were not recommended for transfer and about 200 required immunizations, physical examinations or routine blood studies prior to transfer. The initial feedback from the fleet has been favorable, and the completion of these routine examinations or studies has significantly impacted on medical readiness.

The key to the program's success, however, lies with the

area Personnel Support Activity. As personnel receive their orders, they must be directed to the medical treatment facility for initial screening. Since it may be months before the actual transfer date, this initial screening can be geared to identifying and scheduling all of the required studies and examinations. This pre-screening also makes the transfer experience easier on the individual since numerous examinations and immunizations are not crowded into a short time frame. The final screening, completed by an independent duty corpsman, is done with 30 days of transfer. Any remaining studies or immunizations are completed and any remaining problems are addressed.

Flexibility is a must. In many instances, personnel are directed to transfer on short notice and under these circumstances, every effort must be made to ensure the individual is screened and transferred on time.

Commands seeking additional information about Branch Medical Clinic Naval Station Norfolk's Sea Duty Medical Screening Program should contact HMCM(SW) Holdren at (804) 677-6243 or DSN 564-6234.

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**HEADLINE: Retiree Health Fair Successful at Twentynine Palms**

NAVHOSP Twentynine Palms, CA (NSMN) -- "It is very refreshing to know that all on active duty do not regard retirees as an unwelcome chore," said Maj Francis T. Manning, USAF (Ret.). That sentiment seemed to be expressed by many of the military retirees who attended the Military Retiree Health Fair at the naval hospital aboard the Marine Corps Air Ground Combat Center, Twentynine Palms, on 6 May.

More than 500 military retirees from all branches of the armed forces who now live in San Bernardino, Riverside or Eastern Los Angeles counties attended the Health Fair. The Fair, sponsored by the hospital's Health Promotions Committee, was scheduled to run from 10 a.m. to noon, however, since several retirees showed up early, tours and demonstrations started at 9:30. "The staff of this hospital are very cheerful and really seem to want to be here to help us," remarked one retiree. Staff members who participated in the Health Fair were all volunteers for the Saturday morning event.

"We needed to conduct this Health Fair for the retirees because of several things," said CAPT C.S. Chitwood, MSC, commanding officer of Naval Hospital Twentynine Palms. "First because of the closure of March Air Force Base hospital in June, the retirees needed to know that we were available to pick up some of the slack. Also, the retirees in this area have been hit pretty hard in recent years because of the closures of several base hospitals, which include George Air Force Base, Norton Air Force Base, Naval Hospital Long Beach and now March Air Force Base. We felt that we needed to help 'ease the pain' a bit, to let the retirees know that we existed, what services we have available for them, and that we care. A Health Fair was just the thing to bring the retirees out here to show them what we have."

Participants in the Health Fair were treated to a tour of

the hospital's facilities, which include clinical departments of Emergency Medicine, Family Practice, OB/GYN, Pediatrics, Orthopedic Surgery, General Surgery, Optometry, Mental Health, Internal Medicine, plus state-of-the-art Lab, Radiology and Pharmacy. The Health Fair also consisted of more than 20 booths that provided health screening on cholesterol, blood pressure, and glaucoma and information on fitness, diet and other health-related topics. Some retirees were overheard commenting that they didn't even know such a nice facility like this existed at Twentynine Palms.

During the course of the Health Fair, the hospital lab processed 75 people through for cholesterol screening and the Eye Clinic did about 40 glaucoma screenings.

"The one thing that retirees don't want to hear is that they receive their health care for free," said Chitwood. "Military retirees have paid for their health care by serving their country honorably through many years of personal sacrifice," he said.

"We at Naval Hospital Twentynine Palms will continue to serve all of our beneficiaries to the fullest extent possible allowed by law, money and staffing," said Chitwood.

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#### SIDEBAR: CNO Sends Message About Navy Retirees

CNO Washington (NSMN) -- In a NAVOP last month (dtg 182248Z APR 95), Chief of Naval Operations ADM Mike Boorda had the following to say about Navy retirees:

"As of this year, the Navy retired community is the largest element of our total force. This community is a frequently untapped resource of experience and knowledge, I urge you to recognize them as the valuable readiness assets they truly are. We can use their help in many ways, such as recruiting, mentoring and providing badly needed volunteer services.

"This past year, Navy commands sponsored retiree seminars that were warmly received. I strongly encourage continued support for these events, and senior active duty members should attend their command's seminar to welcome participants and keep them abreast of Navy programs that affect them. Brief them on today's Navy. I also encourage commands to support their local Retired Activities Office fully. RAOs, staffed by retired volunteers, represent one of our finest traditions -- taking care of our own.

"Retirees bring a wealth of experience and are anxious to lend a hand. They have made, and will continue to make, outstanding contributions in the service of our country. Show them that they are still an integral part of our great Navy."

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#### HEADLINE: Navy Medicine Shines at Regional Competition

USUHS Bethesda, MD (NSMN) -- The Washington, DC, Regional American College of Physicians meeting was held on 6 May at the Uniformed Services University of the Health Sciences. Participants from various internal medicine training programs represented National Naval Medical Center Bethesda, Walter Reed Army Medical Center, Georgetown University, George Washington

University, Howard University and Prince George's County Memorial Hospital.

Competitions were held that consisted of oral presentations and poster presentations. A "medical jeopardy" that tested overall medical knowledge also was held, with teams from each training institution competing.

Of the two awards for oral presentations, one was received by Navy CDR Ann Yoshihashi, MC. Of the five awards for posters, three were received by Navy LTs Brooks Cash, MC; Zuhdi Jasser, MC; and David Murphy, MC.

The medical jeopardy competition was handily won by the NNMC team, consisting of Cash, Jasser and Navy LT Tim Burgess, MC.

All in all, the day was a great showcase for the high quality of Navy medicine and its practitioners.

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#### HEADLINE: Naval Hospital Physicians Receive Peer Recognition

NAVHOSP Bremerton, WA (NSMN) -- The Puget Sound Family Medicine Residency at Naval Hospital Bremerton presented professional research papers at the 22nd annual Uniformed Services Academy of Family Physicians conference for the first time this year and walked away with a quarter of the possible prizes. In addition, the academy's choice for Family Physician-of-the-Year for 1995 was CAPT Larry Johnson, MC, head of Naval Hospital Bremerton's Family Practice Department.

During the week-long conference, a panel consisting of nine physicians and other health care providers from all services and the civilian sector judged more than 30 entries that competed for the 12 awards.

Competition was divided into three categories: clinical investigation, case studies, and posters. The poster category is a demonstration of the ability to quickly and effectively present a project or case study which is easily understood by the reader.

Naval hospital competitors received two first-place awards and one second-place award.

LCDR John R. Holman, MC, received a first place for his 16-month study involving 241 cases evaluating methods to diagnose cervical neoplasia. Holman compared the effectiveness of a commercially available viral screening to clinical studies.

CDR Jeffrey H. Brodie, MC, placed first in the poster category for his presentation evaluating routine tests ordered for 100 women who had normal deliveries. His results indicated a substantial cost savings if tests are used when needed and not routinely ordered.

LT Mark Stephens, MC, was presented with a second place award for his report on a case study that successfully identified and treated gas gangrene that resulted when a 42-year-old male patient injured his arm on a metal fencepost. According to the case study report, "the case highlighted the central role family physicians play in coordinating multi-disciplinary care."

According to Johnson, involvement in this type of conference promotes healthy competition, which provides a level of excitement that generates interest in medical research.

"A major part of being a physician is keeping up," Johnson

said. "You need to understand the advances. Research is just another facet of the educational process."

This is the first year Naval Hospital Bremerton physicians have entered the research competition.

"We submitted seven abstracts to the judges. Four were chosen for presentation and three won awards," Johnson said. "And the fourth was from one of our interns -- the only intern to even enter the competition -- so I'm very proud of them all."

The Uniformed Services Academy of Family Physicians is a member of the American Academy of Family Physicians, an organization made up of chapters in each state. According to Johnson, the Uniformed Services Academy chapter is chartered "as a state."

Story by Judith Williams

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**HEADLINE: Naval Hospital Millington Receives Wellness Award**

NAVHOSP Millington, TN (NSMN) -- On 1 May 1995, in a ceremony in Chattanooga sponsored by the Wellness Council of Tennessee, Naval Hospital Millington's commanding officer, CAPT Blome, and the command's health promotion officer, LCDR Winter, were presented the Wellness Councils of America Silver "Well Workplace Award for Excellence in Health Promotion."

The Well Workplace Project and its association award are given by the Wellness Council of Tennessee in conjunction with the Wellness Councils of America network. It recognizes those select companies and organizations that meet the council's stringent criteria for health promotion in the workplace. Kathleen Etherton, the council's executive director, noted that this is the first award of this kind ever presented to a military facility.

Through a true team effort by Naval Hospital Millington's Health Promotion Committee and staff members, this award was made possible. "Recognition by our peers is a satisfying experience," said Winter, "in that it shows our programs meet industry-community standards and that we are in the forefront of our profession."

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**HEADLINE: NAVHOSP Corpus Christi Earns JCAHO Accreditation**

NAVHOSP Corpus Christi, TX (NSMN) -- Naval Hospital Corpus Christi has been awarded a three-year accreditation from the Joint Commission on Accreditation of Healthcare Organization. This accreditation status applies to all the hospital services surveyed by the Joint Commission during October and November 1994.

To achieve accreditation, medical treatment facilities must demonstrate a high quality of excellence in standards of patient care. These standards are set by the Joint Commission, which consists of prominent public leaders in the health care profession. An organization voluntarily undergoes a rigorous accreditation survey by the commission, which evaluates and accredits more than 5,200 hospitals and more than 6,000 other organizations every three years.

Health care organizations attempt to meet and exceed the standards through professional excellence and continuously improving quality. Congratulations to the staff of Naval Hospital Corpus Christi for providing high quality care, professionalism and tireless dedication in achieving this accreditation.

Story by Mr. A. Maldonado Jr.

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**HEADLINE: All Hands to Showcase Outstanding Sailors**

ALL HANDS Washington (NSMN) -- All Hands, the Navy's premier magazine, is planning a series of articles for the July, August and September issues on Sailors who are models of success. These articles will recognize a cross-section of outstanding Sailors and show other Sailors how they can shape their careers for success.

If you have a Sailor in your command who:

- seeks and earns responsibility quickly,
- finds ways to work smarter using TOL and other means,
- devotes time to counsel, develop and lead shipmates,
- overcame hardship to graduate from school or advance,
- volunteers significant off-duty time for a good cause, or
- performed a heroic act or especially significant service,

then you need to write that Sailor up ... for All Hands.

In the write-up, include:

- Color or black-and-white photo, head-on from waist up; and
- News release or bullet/outline format with the following information:

- A. name and rate
- B. hometown
- C. job description (Navy and general descriptions)
- D. achievements
- E. favorite duty stations
- F. career goals
- G. reason for joining and staying in the Navy
- H. hobbies
- I. marital status (include names of spouse and children, as applicable)
- J. Sailor's key to success (in words of Sailor or command)
- K. favorite quote, if any
- L. education and training highlights
- M. quote from supervisor or other command representative on why nominated.

Submit nominees by mail directly to All Hands Magazine, Naval Media Center, Publishing Division, NAVSTA Anacostia, BLDG 168, 2701 S. Capitol St. SW, Washington, DC 20374-5080. More than one individual can be recommended by a command. Submissions will be considered between now and 1 July 1995.

Recognize your best. And once you develop the information for All Hands, don't stop there -- you've collected all the makings of a feature story that your command or base newspaper would be happy to get.

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HEADLINE: HEALTHWATCH: Calcium ... It Does the Body Good  
NIH Washington (NSMN) -- Calcium is recommended for healthy bones as confirmed by a report compiled by researchers, physicians, public interest groups, and consumers, at the National Institutes of Health last year. According to the report, optimal calcium intake can be defined as the level of consumption that is necessary for an individual to maximize peak adult bone mass, maintain adult bone mass, and minimize bone loss in later years.

This panel of experts considered scientific evidence presented at a Consensus Development Conference, which carries out scientific assessments of drugs, devices and procedures in an effort to evaluate their safety and effectiveness.

Calcium is an essential nutrient for strong bones. Calcium requirements are highest during childhood and adolescence, pregnancy or breast feeding, and for senior citizens. Women have increased needs for calcium during adolescence, pregnancy and menopause.

For optimal calcium intake, the researchers recommended 400 mg of calcium per day for infants from birth to 6 months and 600 mg/day for 6 to 12 months. Low birth weight babies may require higher calcium intake. For children 1 to 5 years old, the researchers recommended 800 mg of calcium per day. In children 6 to 10 years old, 800 to 1,200 mg of calcium per day is recommended. During preadolescence, adolescence and young adulthood -- ages 11 to 24 -- 1,200 to 1,500 mg of calcium per day is recommended.

During adulthood, ages 25-50, men and women should maintain a calcium intake of 1,000 mg per day. A daily intake of 1,500 mg is recommended for men and women over 65.

The best ways to achieve optimal calcium intake include a combination of diet, vitamin supplements and vitamin D. Vitamin D is found to aid in the absorption of calcium. The preferred source of calcium in the diet is dairy products and vegetables. An 8-ounce glass of skim, lowfat or whole milk provides about 300 mg of calcium. Other good sources of calcium include leafy green vegetables such as broccoli, kale, turnip and collard greens. Additional dietary sources of calcium are tofu, some canned fish, legumes, seeds and nuts. Calcium supplements are absorbed most efficiently when taken in individual doses of 500 mg or less.

The report concludes that optimal calcium intake can help to prevent osteoporosis, other bone diseases, oral bone loss, colon cancer, hypertension and preeclampsia, a hypertensive disorder of pregnancy.

Further information concerning optimal calcium intake may be obtained from the NIH Office of Medical Applications of Research. Free, single copies of the report are available from the NIH Consensus Information Service, P.O. Box 2577, Kensington, MD 20891, or call 1-800-644-6627.

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3. Events, observances and anniversaries, 20-31 May 1995:

20 May: Armed Forces Day -- "Forces for Freedom"

20-26 May: National Safe Boating Week -- "It Won't Work If

You Don't Wear It. Life Preservers Save Lives"

21-27 May: National Surgical Technologists Week (303/694-9130)

22-28 May: National Park Week

23 May 1785: Bi-focal glasses announced

23 May: Morning (0600-0800) and Night (until 2200)

Detailing (Washington, DC, time)

25 May: National Missing Children's Day (914/255-1848)

29 May: Memorial Day Observed

30 May: Memorial Day

30 May: Muharram (Islamic New Year)

31 May: National Senior Health & Fitness Day (708/816-8660 or 1-800-828-8225)

31 May: World No Tobacco Day (World Health Organization, 202/466-5883)

31 May: Senior Enlisted Academy Board Convenes

31 May: Ensign FitReps Due

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HEADLINE: CJCS Armed Forces Day Message

CJCS Washington (NSMN) -- Today we celebrate Armed Forces Day -- a day to honor the selfless contributions of our men and women in uniform.

This year marks the 50th anniversary of the end of World War II. We have commemorated many famous battles and events from that era: Iwo Jima, Okinawa, and the link-up at the Elbe, to name a few.

No sooner were these battles won and our victories secured, than our armed forces found themselves engaged in a new kind of war -- the cold war. Then, more names were woven into the fabric of America's consciousness, like Heartbreak Ridge, Khe Sanh, and Rio Hato.

And after the fall of the Berlin Wall, other names became familiar: Desert Storm, Mogadishu, and Cap Haitien. Each operation, campaign, or battle marks a unique chapter in America's military history, and each shares the same important ingredients: the spirit, pride, valor and unwavering dedication of America's warriors.

We now stand at the threshold of dramatic change, and within our reach is an unparalleled opportunity to shape the future. And it is you -- America's dedicated warriors who won the cold war -- to whom the world will look as we approach the 21st century.

As a member of the world's greatest military, you can truly take pride in its heritage. On behalf of the Joint Chiefs of Staff, I applaud your devotion to our nation, and salute you on this Armed Forces Day.

With sincere thanks, admiration and respect, signed General John M. Shalikashvili, Chairman of the Joint Chiefs of Staff.

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HEADLINE: NAVHOSP Recognizes Surgical Technology Week

NAVHOSP Groton, CT (NSMN) -- During the week of 21-27 May 1995, the surgical technologists at Naval Hospital Groton will be

joining their counterparts nationwide in celebrating "National Surgical Technologists Week." This week in May is designated annually to recognize surgical technologists for their unique contribution as members of the surgical team.

Surgical technology is an allied health care profession that was developed in the military during World War II when there was a shortage of qualified personnel to meet the critical needs for assistance in performing surgical procedures. Following the war, surgeons were able to use these personnel in their civilian practices and thus the profession of surgical technology was developed.

According to the U.S. Bureau of Labor, surgical technology is one of the fastest growing professions and is expected to continue this trend throughout the 1990s. Their specialized education, minimal operating room orientation time, and low turnover make surgical technologists integral members of the operating team and hospital staff. Military surgical technologists have always been in the forefront of developing this profession. Navy surgical technologists have led the way, being some of the first to work not only in operating rooms, but also in emergency rooms, clinical areas and central supply departments. Currently, the Navy trains personnel in surgical technology to work in operating rooms, as well as the specialties of urology, ophthalmology, and otorhinolaryngology. Dental technicians are also beginning to receive training to assist oral surgeons in the operating room. These Navy Schools are accredited through the Commission on Accreditation of Allied Health Education Programs (CAAHEP), and individuals are eligible to attain certification upon completion of their training.

Naval Hospital Groton has also led the Navy in obtaining training and professional certification for its surgical technologists to ensure the highest level of patient care. HM1 Candie Gagne, a surgical technologist at Naval Hospital Groton, was the first enlisted technical advisor for surgical technology and currently holds the position of military liaison to the Association of Surgical Technologists (AST). Gagne is also a candidate for a position on the board of directors for the association. The election will be held 20 May during the AST Conference in Dallas.

The AST is a nonprofit educational association that promotes quality patient care in the operating room through its support of education, accreditation and certification for surgical technologists. Incorporated in 1969, AST is the only membership organization devoted exclusively to developing and enhancing the profession of surgical technology. If you would like to learn more about National Surgical Technologists Week or surgical technologists, contact Laura Parker, membership manager, AST, 7108-C S. Alton Way, Englewood, CO 80112, or call her at 1-800-637-7433.

Story by HM2 Gina Y. Hill, USN

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4. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY

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